

Amendments to the Claims:

This listing of the claims will replace the listings of the claims in the present patent application:

Listing of Claims:

Claim 1 (Currently Amended). A training aid configured to strike a ball, comprising:

an opaque and malleable material that is configured to receive at least one impression formed upon impact with said ball and a hitting instrument, said impression comprising a ball pattern having a depth, a strike zone and at least one ridge, wherein said at least one impression that is generated after striking the ball provides information about how the ball was struck; [[and]]

a deformable sheet that is thicker than said opaque and malleable material having a front face that is adhesively attached to said opaque and malleable material, said deformable sheet additionally having a back face with an adhesive material that is configured to be affixed to said hitting instrument; [[.]]

said adhesive backing configured to permit removing the training aid from the hitting instrument with little or no adhesive residue remaining on the hitting instrument; and

a tab section disposed on one edge of the training aid that does not conform to the shape of the hitting instrument and projects in one direction, said tab section configured to facilitate the removal of the training aid from the hitting instrument.

Claim 2 (Original). The training aid of claim 1 wherein said opaque and malleable material is a metallic material comprising one or more metals.

Claim 3 (Previously Cancelled).

Claim 4 (Currently Amended). The training aid of claim 2 [[3]] wherein said opaque and malleable material is a first metallic sheet that is configured to directly contact said ball.

Claim 5 (Previously Cancelled).

Claim 6 (Cancelled).

Claim 7 (Currently Amended). The training aid of claim 4 wherein said tab provides ~~further comprising a tab which does not conform to the hitting instrument, said tab providing a writing surface for recording data and simplified removal of said training aid from said hitting instrument.~~

Claim 8 (Currently Amended). A training aid, comprising:

a first sheet composed of a metallic material that is configured to receive an impression from a ball upon impact with a hitting instrument, said impression comprising a ball pattern having a depth, a strike zone and at least one ridge, wherein said at least one impression that is generated after striking the ball provides information about how the ball was struck;

a second sheet composed of a ~~an~~ deformable material that is adhesively attached to said first sheet, said second sheet having a back face;

a first adhesive layer on said back face of said second sheet, said first adhesive layer attached to a non-stick surface, said first adhesive layer configured to permit removing the training aid from the hitting instrument with little or no residue remaining on the hitting instrument; and

a tab section disposed on one edge of the training aid that does not conform to the shape of the hitting instrument and projects in one direction, said tab section configured to facilitate the removal of the training aid from the hitting instrument.

~~—— a means for determining how said ball was struck according to information derived from said impression.~~

Claim 9 (Original). The training aid of claim 8 wherein said second sheet is thicker than said first sheet.

Claim 10 (Cancelled).

Claim 11 (Original). The training aid of claim 9 wherein said first layer is composed of aluminum.

Claim 12 (Currently Amended). A training aid, comprising:

a sheet further comprising a metallic top layer that is configured to contact a ball and be deformed upon impact with said ball, producing at least one impression comprising a ball pattern having a depth ~~a dimple pattern~~, a strike zone, and at least one ridge, wherein said at least one impression that is generated after striking the ball provides information about how the ball was struck, said sheet having a back face; ~~[[and]]~~

an adhesive layer on said back face of said sheet, said adhesive layer having an adhesive that interfaces with a non-stick sheet that is configured to be removed prior to affixing said training aid to a hitting instrument, said adhesive configured to leave little or no adhesive residue on said hitting instrument when said training aid is removed; ~~and~~ ~~[[.]]~~

a tab section disposed on one edge of the training aid that does not conform to the shape of the hitting instrument and projects in one direction, said tab section configured to facilitate the removal of the training aid from the hitting instrument.

Claim 13 (currently amended). The training aid of claim 12 wherein said training aid ~~[[sheet]]~~ further comprises a deformable sheet that is attached to said metallic top layer.

Claim 14 (currently amended). The training aid of claim 13 wherein said deformable sheet is thicker than said metallic top layer, ~~enabling sufficient latitude to~~ accommodate said impression depth, ~~impression(s)~~.

Claim 15 (Cancelled).

Claim 16 (currently amended). The golf training aid of claim 14 ~~[[15]]~~ wherein said metallic top layer is composed of aluminum.

Claim 17-20 (Previously Cancelled).

Claim 21 (Original). The training aid of claim 1 wherein said training aid is adapted for use in a sport selected from the group of sports that consists of golf, baseball and hockey.

Claim 22 (Original). The training aid of claim 8 wherein said training aid is adapted for use in a sport selected from the group of sports that consists of golf, baseball and hockey.

Claim 23 (Original). The training aid of claim 12 wherein said training aid is adapted for use in a sport selected from the group of sports that consists of golf, baseball and hockey.

Claim 24 (Previously Cancelled).